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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

SAVE SUGAR

USE OTHER SWEETS

THE Allies need sugar. The battle lines and enemy territory now include much of their sugar land, so that more and more they are turning to us and our sources of supply. We must give them what they need.

To help them we must cut down our own consumption, otherwise there will not be enough sugar for us all. We, in the past, have used more than any other people. The French in November, 1917, were allowed only one-fourth pound a week. We have eaten at least one pound—four times as much.

To divide the world's sugar more evenly is a world problem that all of us can help solve. Let us do our part. We are asked merely to cut down our sugar from one pound to three-fourths of a pound. By this saving we can help win the war.

HOW TO SAVE SUGAR.

Eat less sweet food. Put less sugar in tea and coffee and dissolve completely what you do use. Use less on cereals. Do not frost cakes. Eat less candy.

Instead of sugar use—Cane, corn, and maple sirups, honey, molasses, and fruit sirups. To sweeten your cereals serve them with sirup or with sweet fruits. Use them to make delicious desserts—honey or corn sirup for a delicate flavor, and molasses or sorghum for a stronger one. Try molasses or sirup in Indian Pudding and Brown Pudding. (See Leaflets 2 and 6.)



DATE PUDDING.

A sugarless pudding which uses both sirup and sweet fruit.

2 cups milk.	3 tablespoons cornstarch.
$\frac{1}{2}$ cup corn or maple sirup.	$\frac{1}{2}$ teaspoon salt.
12 seeded dates cut up small.	1 teaspoon vanilla

Mix the cornstarch with $\frac{1}{4}$ cup milk. Heat the remaining milk in a double boiler. Add the cornstarch, sirup, dates, and salt, and stir until thick, cover and cook for 20 minutes. Add the vanilla and pour into a dish to cool. Serves five people. Prunes are good instead of dates.

GINGERBREAD.

Always liked and inexpensive.

1 cup cornmeal.	1 teaspoon baking powder.
1 cup wheat flour.	1 teaspoon baking soda.
2 teaspoons cinnamon.	1 cup molasses.
2 teaspoons ginger.	1 cup sour milk or buttermilk.
$\frac{1}{2}$ teaspoon salt.	2 tablespoons fat.

Sift the dry ingredients and add molasses, milk, and fat. Beat well and pour into a greased pan. Bake 25 minutes. Notice that this recipe uses cornmeal for half the wheat flour ordinarily used.

CAKE WITHOUT SUGAR.

An excellent cake, though not quite so sweet as with sugar.

$\frac{1}{4}$ cup butter, oleomargarine or other fat.	3 cups flour.
2 cups corn sirup.	$1\frac{1}{2}$ tablespoons baking powder.
2 eggs.	$\frac{1}{4}$ teaspoon salt.
	1 cup milk.

Cream the shortening, add the sirup and the egg, and mix well. Add the milk. Sift the baking powder and flour together, add it slowly to the mixture and beat. Bake in a moderate oven as a loaf or layer cake or small drop cakes. One-fourth cup of raisins added to the batter gives more flavor and sweetness.

POPCORN.

A splendid substitute for sugar sweets.

Pop the dried corn in a regular popper or a covered iron frying pan, shaking vigorously and taking care not to let it burn. A cup of dried corn will make three quarts when popped. It is good mixed with a little salt or melted butter and salt.

To make a sweet of it, combine with sirup. Boil together 1 cup corn sirup and 1 tablespoon vinegar until a few drops harden in water. Pour over the popped corn while the sirup is hot. This amount of sirup will cover 3 quarts of popped corn. As soon as the mass is cool enough to handle, grease the hands well and form into balls.

STUFFED PRUNES AND DATES.

Delicious confections to use instead of candy.

Soak the prunes overnight, dry, and stuff with chopped nuts, raisins, or apricots. Wash the dates, dry them, and stuff the same as prunes. These and the Parisian Sweets are good to eat and good for you.

PARISIAN SWEETS.

Another sweet which is very good.

Use equal quantities of figs, dates, and nuts. The nuts may be omitted and prunes or raisins added. Put through a food chopper. Mix well and roll in a little powdered sugar or grated cocoanut.

FRUIT FOR DESSERT.

Raw, stewed or baked fruits, dried or fresh, and dried sweet fruits like dates, figs, and raisins. By using fruit for dessert instead of rich pies and puddings you will conserve wheat flour and fats as well as sugar. Besides, the fruits are more wholesome and often less expensive. Bake or stew your fruit with corn sirup instead of sugar. The result is very good. For stewing use $\frac{1}{2}$ cup of sirup to 1 pound of fruit. When dried fruit is used, soak it first in water overnight and cook for 10 minutes.

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IS YOUR FAMILY SAVING ITS SHARE OF SUGAR?

Plan saving for your household. Use no more than three-fourths pound a week for each member. Multiply three-fourths pound by the number of people in your family and put that quantity aside for the week's use. That should include all the sugar you use in cookery and on the table. Eat less candy. Follow these suggestions and recipes and help the Allies in their great need.

DID YOU SIGN THE FOOD PLEDGE?

The United States Food Leaflets Will Help You Keep It.

To help you save wheat:

- No. 2. Do You Know Corn Meal?
- No. 6. Do You Know Oatmeal?
- No. 9. Vegetables for Winter
- No. 10. Plenty of Potatoes

To help you save fat:

- No. 16. Use Fat Carefully.

To help you save meat:

- No. 3. A Whole Dinner in One Dish.
- No. 5. Make a Little Meat Go a Long Way.
- No. 8. Instead of Meat.
- No. 11. Milk—The Best Food We Have.
- No. 14. Dried Beans and Peas.
- No. 17. Use More Fish.

To help you plan meals:

- No. 1. Start the Day Right with a Good Breakfast.
- No. 4. Choose Your Food Wisely.
- No. 7. Food for Your Children.

To help you save fuel:

- No. 12. Save Fuel When You Cook.
- No. 13. Let the Fireless Cooker Help You Cook.

